

Welcome to Carondelet Park and surrounding neighborhood! Carondelet Park is the third largest park in St Louis and was established in 1875. Within the park is a beautiful boathouse, a recreation center and pool, tennis courts, ballfields, playgrounds and walking paths! Come enjoy this beautiful and the lovely surrounding neighborhood homes.

Start Location: Carondelet YMCA, 930 Holly Hills Avenue, St. Louis, MO 63111. Our table will be set up outside.

PARKING: The YMCA parking lot

START/FINISH: Start between 9:00 AM and 11:00 AM. Walk or run at your own pace. You must be off the trail by 2:00 PM. Event takes place regardless of weather. Restrooms available at the start point and within the park. Pets are welcome on the trail but must be kept on a leash and you must pick up after your pet.

DISTANCE: A 5km route and 10km route will be available. Both routes will meander throughout the park and the surrounding eclectic, lovely neighborhood. The 10k will also include a section of the Greenway Trail.

SANCTION: Sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). This event counts toward the acquisition of IVV achievement awards. IVV books are available to purchase at the start/finish.

REGISTRATION: Participation fee is \$3 for each walker.

REFRESHMENTS: Water will be available at the start/finish.

PROCEDURE: At the start/finish get a start card and fill it out. Carry this card with you on the walk and present it at the

control points. Walkers missing a control point may be refused IVV credit. Start cards remain the property of the Gateway Milers and must be turned in at the finish point when the walk is completed.

ELIGIBILITY: This event is open to the public and all ages are welcome. An adult must accompany children under 12.

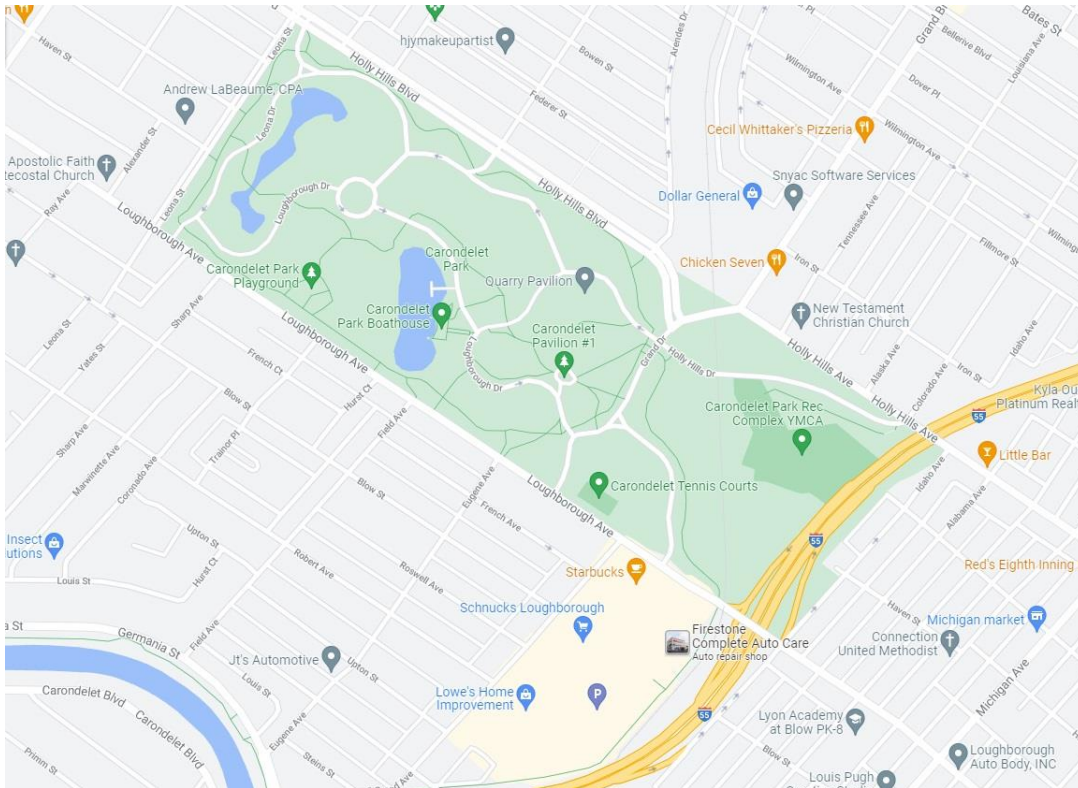
WEBSITES: www.ava.org or <http://www.gatewaymilers.org>

POC: Tom and Cindy Stucky 636-208-3425

DISCLAIMER: The sponsors of this event cannot be held responsible for any lost or stolen items, accident, or injury at any time. Every reasonable effort will be made to make the event safe, and enjoyable.

DIRECTIONS: From I55 North in Missouri, exit 202C Loughborough Ave and merge onto Idaho Avenue. Continue straight to stay on Idaho for ½ mile and then turn left on Holly Hills Ave, cross 55 overpass/bridge, immediate left onto Holly Hills Drive, then left into the YMCA at 930 Holly Hills. From Illinois: I64 W to I55S/I64 west. Continue on I55 South to exit 202C for Loughborough Avenue. Turn right on Loughborough Ave. Turn right at light onto Loughborough Dr. then right on Grand Dr. then right at circle onto Holly Hills Drive. Then after crossing bridge turn right into YMCA at 930 Holly Hills.

**Gateway Milers
Carondelet Park
St Louis MO
May 14, 2022
5K, 10K – Ratings 1A
Event SC: 121177**



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —